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NEARLY ONE IN THREE CANADIAN HOMES WITH KIDS UNDER 12 HAS A SUBSCRIPTION: REPORT PAGE 6

OTTAWA metro®

Monday, February 25, 2013

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WINNING WALTZ

Actor Christoph Waltz accepts the award for best actor in a supporting role for Django Unchained during the Oscars at the Dolby Theatre on Sunday in Los Angeles. For more Oscars coverage, see pages 8 & 9. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Canadians can't handle the truth?

Dismal ranking.
Feds take five months to cough up report rebutting criticism over access to information

The Harper government is dismissing a report that ranks it 55th in the world for upholding freedom of information, saying it has a sterling record for openness.

But a four-page document outlining the federal rebuttal took five months to release after a request under the Access to Information Act — underscoring the very delay problem that contributed to Canada's dismal ranking.

A human-rights group based in Halifax has issued three report cards since 2011 on Canada's anemic standing in the world with regard to so-called right-to-know legislation.

Quoted

"While standards around the world have advanced, Canada's access laws have stagnated and sometimes even regressed."

The Centre for Law and Democracy, in co-operation with Madrid-based Access Info Europe, concluded in its report.

The Centre for Law and Democracy used a 61-point tool to measure Canada's legislation against that of other countries, in co-operation with Madrid-based Access Info Europe.

Canada's standing in September 2011 was 40th of 89 countries, fell to 51st in June last year, then to 55th of 93 countries last September, behind Mongolia and Colombia.

The research won praise from Canada's information commissioner, Suzanne Legault, who said "the analysis that this group has done is going to be a really useful tool" in her own investigation into freedom-of-information issues.

But an internal memo last summer to Treasury Board President Tony Clement cites the report's "weaknesses," saying the methodology "does not allow for an accurate comparison of the openness of a society and of its government."

The memo from Michelle d'Auray, then secretary of the Treasury Board which oversees the access-to-information system, noted the report did not take into account the government's pro-active disclosure of information; the 2006 expansion of the Act to cover some 250 additional entities such as Crown corporations; or years of court rulings that reinforce citizens' right to information.

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Low-income funding may be applied to home renos

Federal and provincial cash. City should use money to support accessibility-related renovations: Report

ALEX BOUTILIER
alex.boutilier@metronews.ca

Ottawa city staff are recommending the municipality target provincial affordable housing money to low-income seniors and people with disabilities.

In a report coming before the city's planning committee on Tuesday, staff recommend grants of up to $3,500 and forgivable loans of up to $15,000 for accessibility-related home renovations. The report also recommends $15,000 forgivable loans for low-income seniors to renovate their homes.

"Staff are recommending that the funding be used to facilitate repairs and modifications for low income seniors and persons with disabilities so they may remain housed independently in their communities," the report reads.

The money comes from the Investment in Affordable Housing for Ontario Program (IAH), a joint federal and provincial fund administered by regional councils. The fund includes $2.4 million over two years.

The money will also be accessible to building owners with lower-rent units — up to $899 for a one bedroom unit — for accessibility-related upgrades. Given the criteria, staff expect the funding will help about 200 Ottawa households with renovations.

For seniors, the money can be used for energy efficiency upgrades, for electrical, septic and heating systems, chimneys, doors and windows.

For people with disabilities, the funding is targeted to ramps, handrails, chair and bath lifts, height adjustments for counter tops, and cues for doorbells and fire alarms.

Staff say the administrator of the program should be given authority to exceed the grant and loan caps in some situations, such as when an applicant's health and safety is under immediate threat.

FOR MORE LOCAL NEWS VISIT METRONEWS.CA

She splits her time between German and psychology studies

360 Dance and Fitness student Tambra Schlarb demonstrates the "jade," pole dancing move at the local dance studio's booth at the Sexapolooza exhibition at the Ottawa Convention Centre Sunday. A University of Ottawa student studying German and psychology, Schlarb said she started pole dance classes after attending an open house about three years ago. Sexapalooza drew between 12,000 and 15,000 visitors, said show producer Liz Lewis. For more on the event, which featured everything from burlesque to sex toys to bondage, go to metronews.ca. SEAN MCKIBBON/METRO

ChiSeries. We're not all bureaucrats in Ottawa — some of us are sci-fi geeks

Hometown authors Charles de Lint and Matthew Johnson will headline the inaugural Chiaroscuro Reading Series in Ottawa next month.

The ChiSeries is a new quarterly reading night aimed at science fiction, fantasy and horror fans, where established authors read their latest work.

Matt More, the organizer of the Ottawa event, said there's a huge science fiction and fantasy crowd in Ottawa — many disparate groups looking for large-scale events like Comic-Con.

"We have this sense here in Ottawa that oh, we're all public servants and technology workers and we're all so serious and we don't engage in many things ... we're so without fun here in Ottawa," said More.

"I started to see little groups here and there. There's a group of Klingons that get together and speak with Klingon language, there's the Ottawa Browncoats who put on the movie Serenity ... I began to think, they just need to be in contact."

Founded in Toronto circa 2010, the volunteer-run ChiSeries features monthly readings in the provincial capital and has plans to expand to Winnipeg and Vancouver later this year.

The Ottawa ChiSeries event will be held quarterly, but

Charles de Lint CONTRIBUTED

More said it could become more frequent depending on the response. The first event will be held on April 9 at the Royal Oak on Laurier Avenue, near the University of Ottawa. ALEX BOUTILIER/METRO

Won't make a killing but... Your story can win $200

Who says crime writing doesn't pay?

The Capital Crime Writers kicked off their 2013 short-story contest last week, inviting aspiring authors to submit 3,500-word whodunits for a chance at a $200 prize.

"The goal of the contest is more just to get people interested in crime writing," said Joe Italiano, the vice president of Capital Crime Writers.

"Once you start to try to write, you start to notice things more when you're reading. So it's to do both: it's to promote writing and reading."

Italiano said Ottawa itself is not the most inspiring city for crime writing. But he noted the diversity of backgrounds and experiences brought in to the National Capital Region can serve as a source of inspiration.

"Ottawa tends to attract people ... from around the country and that I think has been a factor in this," Italiano said.

The small group of crime writing aficionados meet monthly at to discuss their craft. The group includes local novelists like Barbara Fradkin and Mary Jane Maffini.

The submission deadline is April 2, and the shortlist is expected to be announced in April. ALEX BOUTILIER/METRO

Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg, South Africa. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, Oldwage said.

To drop and then reinstate charges is "not uncommon in South African criminal law. The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who Oscar Pistorius is accused of shooting to death, was on television again in a new episode of the reality show Tropika Island of Treasure 5, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident" and that a blood test showed he was not drunk at the time.

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- **The chief police investigator** faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- **Hilton Botha** was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

Oscar Pistorius was charged with the premeditated murder of Steenkamp, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. THE ASSOCIATED PRESS

Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with air strikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings, posing a stiff challenge to the regime in its seat of power.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007.

It was not clear what the site was being used for most recently.

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus after apparently being caught in the crossfire.

Bakoush, 75, was known for playing characters that were likeable but naive and dim-witted.

State news agency SANA said Bakoush was killed by a rebel mortar round that landed on his car. However, the anti-regime Syrian Observatory for Human Rights said he was killed when a rocket-propelled grenade launched by government forces slammed into his car. THE ASSOCIATED PRESS

A Syrian villager writes the name of his granddaughter, who was killed by a government air strike, on her grave, Sunday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Search for a Syria solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on the Syrian crisis.

- **Journey.** Kerry left Washington to start a gruelling nine-nation, 10-day trip to Europe and the Middle East.
- **Talking points.** In addition to Syria, he will focus on conflicts in Mali and Afghanistan and Iran's nuclear program.

Holy See ya later. Pope bestows his final Sunday blessing on Vatican crowd

Pope Benedict XVI bestowed his final Sunday blessing of his pontificate on a cheering crowd in St. Peter's Square, explaining that his age has made him better suited to the life of private prayer he will soon lead in a secluded monastery.

On Thursday evening, the 85-year-old German-born theologian will become the first pope to have resigned from the papacy in 600 years.

However, he said Sunday he is not abandoning the church.

"Prayer is not isolating oneself from the world and its contradictions," Benedict told the crowd. He said he had heard God's call to prayer, "which gives breath to our spiritual life" in a special way "at this moment of my life." THE ASSOCIATED PRESS

The pope's last Angelus noon prayer. ANDREW MEDICHINI/THE ASSOCIATED PRESS

Scotland. Top Catholic cardinal investigated for 'inappropriate behaviour'

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

O'Brien, who heads the Roman Catholic Church in Scotland, was taking advice from lawyers after British newspaper The Observer reported that three priests and a former priest have filed complaints to the Vatican alleging that the cardinal approached them in an inappropriate manner.

The paper did not cite the names of the priests, but it said their allegations date back to the 1980s. THE ASSOCIATED PRESS

Too big to fail

To reform or ruin: Italy holds election

Will Italy stay the course with painful economic reform? Or fall back into old habits? These are the stakes as Italy votes Sunday and Monday.

Leading the pack is Pier Luigi Bersani, a former communist with a pragmatic streak. On his heels is Silvio Berlusconi, seeking a comeback after being forced from the premiership. Incumbent Mario Monti, while widely credited with saving Italy from ruin, is trailing as he pays the price for his austerity measures. THE ASSOCIATED PRESS

Greece

Flying gunmen fail in jailbreak

A helicopter swooped down on a prison courtyard Sunday as armed men on board fired on guards and lowered a rope to help a convicted killer make his fourth attempt to escape from a Greek prison.

But the plot was foiled after prisoner Panagiotis Vlastos was shot and the chopper forced to land.

The escape attempt was one of several involving helicopters in Greece and the first time one has failed. THE ASSOCIATED PRESS

Quebec hosts tuition summit one year after 'Maple Spring'

Long-awaited event. The movement that gained worldwide attention last year has lost steam with the once-powerful ASSE student federation losing power

Not even the most militant of Quebec's student federations expects this week's education summit to plunge the province into another Maple Spring.

Quebec gained international attention last year when a dispute over proposed tuition hikes boiled into a months-long uprising.

The unrest, dubbed the Maple Spring, saw thousands of protesters swarm Montreal streets night after night. The crisis eventually faded away, in part because the Liberals lost power and the incoming Parti Quebecois government cancelled the tuition increases.

Protesters opposing Quebec student tuition fee hikes demonstrate in Montreal in May 2012. GRAHAM HUGHES/THE CANADIAN PRESS FILE

The PQ stickhandled its way through the perilous political issue, during the election, by promising to come up with a new tuition policy at an education summit.

Some students are feeling disillusioned and boycotting the two-day summit, which starts Monday, because they believe the new government has tuned out some of their ideas.

The ranks of the restive, however, appear smaller than last year.

"We are aware... that there will not be a new Maple Spring," said Blandine Parchemal of the ASSE student federation, one of the more militant groups within the movement.

"The Maple Spring is over."

The once-powerful ASSE, led by its charismatic former spokesman Gabriel Nadeau-Dubois, suffered several setbacks last week after it failed to gather support on a strike vote from a number of its associations.

The most symbolic setback came at a college near Montreal known as a bastion of activism, which was the first school to declare a strike last February in an event that kicked off the movement.

This time, College de Valleyfield not only voted against the strike, it tabled a motion to disassociate itself from ASSE.

THE CANADIAN PRESS

Indexation

Tension over tuition rates continues

The tuition divide between students and the government is still ongoing.

One of the major sticking points is the PQ government's intention to freeze rates, which are the lowest in Canada, but to introduce small increases indexed to inflation.

Some student federations that made up last year's protest movement have drawn a line in the sand at an absolute tuition freeze. They say they refuse to accept indexation.

ASSE, meanwhile, decided to boycott the summit completely over the government's refusal to debate the group's desire for zero tuition.

They view free university as an achievable goal, if only policy-makers would make it a priority like in many other jurisdictions. Former premier Jacques Parizeau, who as a young civil servant in the 1960s helped build the province's university network, expressed support for their cause.

THE CANADIAN PRESS

'Time of sorrow.' Families, friends grieve five lost Nova Scotia fishermen

Hundreds of people gathered in churches in southwestern Nova Scotia on Sunday as friends and religious leaders urged their communities to offer support to the families grieving the loss of five young fishermen.

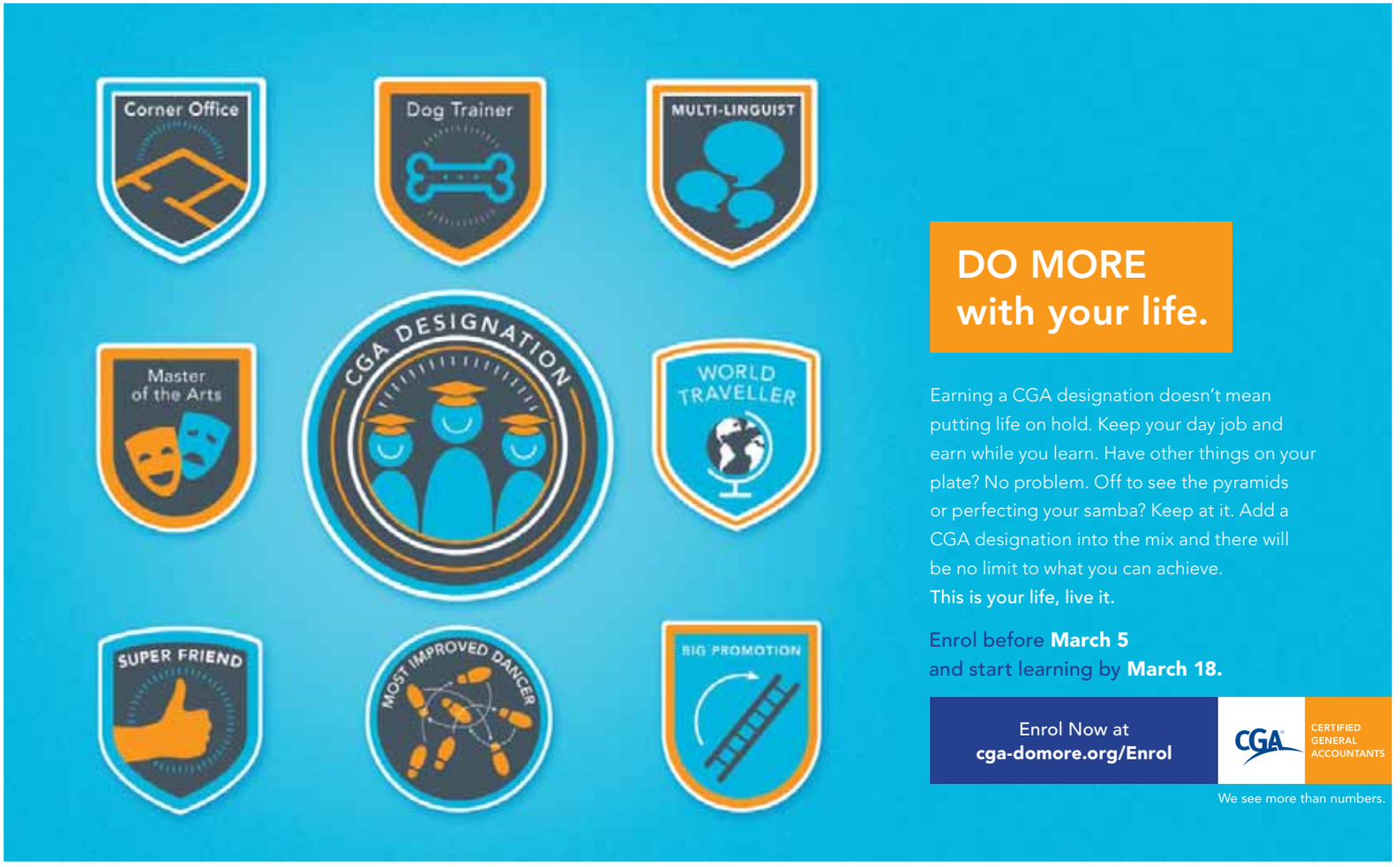
"This is a time of sorrow," said Sandy Stoddard, a veteran fisherman who was among the last to have radio contact with the captain of the Miss Ally, 21-year-old Katlin Nickerson.

"I've lost a piece of me," he said as he spoke tenderly to crying relatives in Calvary United Baptist Church in Woods Harbour, where about 500 people filled the pews.

Pastor Phil Williams urged the residents of the fishing village to continue supporting one another after a week filled with dashed hopes and criticism of the rescue and recovery efforts for the overturned hull of the boat.

The vessel's emergency beacon was detected by search-and-rescue officials last Sunday, as a storm with hurricane-force winds created massive waves over a 100 kilometres southeast of Liverpool. THE CANADIAN PRESS

A memorial for five missing fishermen sits in the Calvary United Baptist Church in Woods Harbour, N.S., on Sunday. DEVAAN INGRAHAM/THE CANADIAN PRESS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Netflix and TV go together like a horse and carriage: Report

Usage. Almost 1 in 3 homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package, even while paying $8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. **THE CANADIAN PRESS**

Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of between $500,000 and $700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. JORDAN MANSFIELD/GETTY IMAGES

'Sequestration'

Canadians to feel the pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's $16-trillion national debt.

On Thursday, $85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to $1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meantime, will face far longer cargo-processing times at borders as well. Business travellers will be ensnared in long lines at the border. **THE CANADIAN PRESS**

AFTER THE TAP, IT'S THE SAME RIDE

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

We've become cautious customers when it comes to Presto. The $32-million fare card system the city embraced without a serious look at competing technology, and once expected to have operational as early as 2010, shook our confidence with software bugs and serial false starts.

Since then it's been wait-and-see and a tight grip on the warranty card, so last week's update on the saga of the little green card was a matter of no small interest, and the news was mixed as usual.

The good news: The system handled last month's big influx of new users without any major fuss. In its first three weeks, with some 13,500 cards in circulation, and 6,800 in actual use, Presto users were tapping their cards 17,000 times a day and the card readers were holding up with the same 98 per cent reliability rate they hit with the earlier, smaller "friends and family" test group.

The bad news: There's no reliable way to verify who's tapping and going and who's just going, as fare officers' hand-held card readers are crapping out daily, and data security standards still have not been met to allow the processing of payments by credit and debit card. These shortcomings are to be fixed by March 31 at the latest.

When is enough enough?

While riders have learned that promised dates regarding Presto are subject to (repeated) change, these commitments run up against April's deadline for a final decision on whether we stay with Presto or ditch it, start invoking all those money-back guarantees and casting around for a replacement.

While riders have learned that promised dates regarding Presto are subject to (repeated) change, these commitments run up against April's deadline for a final decision on whether we stay with Presto or ditch it, start invoking all those money-back guarantees and casting around for a replacement.

As one of the new card users, I'm encouraged so far. It's likely the novelty will wear off, but I still savour that couple of seconds shaved off every transaction, no longer feeding tickets into one slot and waiting for transfers to print out from another.

Since this phase of testing began, I've seen only one card reader, a secondary one located at a side door, displaying the red screen of doom indicating it was out of order.

The card reader screens are set a little low for my line of sight, and so making out the card balance and transfer time remaining can be a little tricky if I'm boarding a crowded bus with an impatient line-up behind, but that's probably just a matter of practice.

Once you've paid, of course, it's the same old OC Transpo ride, generally reliable but subject to weather, traffic and the unexpected.

Tuesday's ugly rush hour weather teamed up with a precautionary shutdown of the Transitway from Tunney's Pasture to LeBreton Flats and the O-Train to remind us just how little it takes to tangle up transit.

The cause of the shutdown was the discovery of a "suspicious package" at the Tom Brown Arena (the second one this month at this particular venue, if you count a city presentation there on the design plan for Preston and Carling to sceptical locals, many of whom saw nothing but looming high-rises and heavier traffic in store for their neighbourhood.)

Until the package's contents were identified as fireworks and detonated, buses were diverted from the Transitway to nearby streets, constipating traffic and spreading ripples of disruption across town. A similar bottleneck occurred at this vulnerable point last year when a couple of OC Transpo buses collided on the Transitway.

The convoy of Transitway buses shared Wellington Street and Richmond Road uneasily with private vehicles, but the detour ensured everybody could still get where they were going, just slower. This kind of system shutdown could get considerably thornier once that section of the Transitway's converted for light rail.

There'd be no re-routing the trains, and Transpo would likely have a hard time deploying enough buses and drivers to keep everyone moving in such a case, as they managed for O-Train passengers last week.

Whether by card, cash, pass or ticket, you can only pay for a trip that's actually available.

Final finish line for centenarian

KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

THE ASSOCIATED PRESS

Rising from the ashes

"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner.

Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

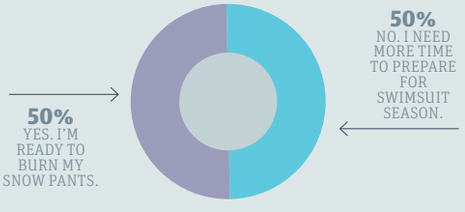
He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you counting down the days till spring?



Twitter

@ZeenaKarim:
Perks of being a wallflower should be winning oscars

@EmilyAson:
@MadisonEspie damn puddles! Ill make sure to avoid that one!!!

@Fannylicious:
Jennifer Lawrence, you just can't hate her.

@SaraMailhot:
Some of my fondest childhood memories include lawn mowing.

@illestjai:
I nominate @PattieMallette for a Shorty Award in #keepgood-going because she's the best mom in the whole world. http://t.co/qybX4dpi75

@verahereforu:
Jennifer Lawrence in Dior Haute Couture. So down to earth. She was fab in Silver Linings Playbook #MAJICoscars #ELiveFromtheRed-Carpet

metro

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The cast of Argo accepts the best picture award at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A mixed bag at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards

NED EHRBAR
Metro World News in Hollywood

It was Ben Affleck's night as his film, Argo, earned the top prize at the 85th Academy Awards. Despite Affleck being shut out of the best director race, his CIA-meets-Hollywood drama snagged the top prize of best picture in a night of scatter-shot awards distribution. Argo also earned Oscars for best adapted screenplay and for best editing.

Outside of the best picture race, there was no movie that had a clean sweep. Ang Lee's Life of Pi came closest, earning four awards — the most of any film this year — including best director for Lee, while Les Misérables scored three. Jennifer Lawrence earned the only award for Silver Linings Playbook, winning her first Oscar for best actress.

Daniel Day-Lewis also made movie history by becoming the first actor to win three best actor trophies after his win for Lincoln.

Jennifer Lawrence

Daniel Day-Lewis

As expected, Michael Haneke's Amour won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in Les Misérables as the tragic Fantine.

"I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

And Adele easily took the best song category for Skyfall, breaking down in tears in the middle of her speech and letting co-writer Paul Epworth finish up.

In a rare Oscars tie, the award for best sound editing was shared by Zero Dark Thirty and Skyfall. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called We Saw Your Boobs.

But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the Avengers. The choice to use the theme from Jaws to play off winners when they go long was also particularly odd.

One of the highlights of the ceremony was a rendition of Goldfinger by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with All That Jazz from Chicago during a tribute to movie musicals.

Looking ahead

Even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and Mandela: Long Walk to Freedom, starring Idris Elba as Nelson Mandela.

Red carpet hits ... and misses

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday

1 Jennifer Lawrence

First glance. Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor. **DOROTHY ROBINSON**

2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve. **NADINE ANGLIN**

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing. **NADINE ANGLIN**

On the web

For more Oscar fashion coverage, visit TheKit.ca

4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. **DOROTHY ROBINSON**

5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. **NADINE ANGLIN**

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. **DOROTHY ROBINSON**

Oscar tweets

@TheAcademy
Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara
Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland
Oscars, shmoscars, make some soup!

@Sid_Seixeiro
Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI
My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin
It's funny watching fashion people pretend every tux doesn't look exactly the same.

The Word

Oscar swag

THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth $12,000
- A one-week, all-inclusive trip to a fitness retreat worth $4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth $3,000
- A $20 box of Naked Condoms
- A $40 electronic cigarette
- A $795 water filtration system
- $60 worth of gluten-free macaroons
- $406 worth of anti-aging hand lotion
- $530 worth of Sedu hair-styling tools
- $250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a $20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.

I'd like to thank my lack of emotions: Stewart gets a Razzie

Razzies. Awards handed out the night before Oscars for Hollywood's worst movies

Twilight picked for worst picture and worst actress among others. HANDOUT

The Twilight team finally has earned some love — or loathing — from Team Razzies.

The Twilight Saga: Breaking Dawn — Part 2 was picked as last year's worst picture Saturday by the Razzies, an Academy Awards spoof that hands out prizes for Hollywood's lousiest movies on the eve of the Oscars.

The finale to the blockbuster supernatural romance dominated the Razzies with seven awards, including worst actress for Kristen Stewart, supporting actor for Taylor Lautner, director for Bill Condon and worst screen couple for Lautner and child co-star Mackenzie Foy.

Adam Sandler was named worst actor for the raunchy comedy That's My Boy, his second-straight win after 2011's Jack and Jill, which swept all 10 Razzie categories a year ago. Pop singer Rihanna won worst supporting actress for the action dud Battleship.

Twilight movies had been well represented in Razzie nominations over the years but had not won any key awards there. Razzie voters joke that as with The Lord of the Rings finale winning best picture at the Academy Awards, they were waiting for the last Twilight flick on which to heap their scorn.

"I have a pet theory, which is that the box office on Twilight films is very impressive, but my theory is that instead of 40 million individual girls going to see it, it's eight million girls going to see it five times each. People who love those movies just adore them," said Razzies founder John Wilson. "I believe the attitude of people who really love Twilight movies toward this subject is very similar to the pomposity with which the Academy Awards addresses the whole rest of the world. Our whole existence is all about making fun of pompous, so Twilight really is right up our alley."

The Twilight finale also won for worst screen ensemble and worst remake, rip-off or sequel. For worst picture, it beat out Battleship, That's My Boy, the family flick The Oogieloves in the Big Balloon Adventure and Eddie Murphy's comedy flop A Thousand Words.

Stewart's worst-actress prize came for both Twilight and her fairy-tale update Snow White and the Huntsman.

In the five Twilight movies, Stewart stars as sullen teen Bella Swan, who falls for ageless vampire hunk Edward Cullen (worst-actor nominee Robert Pattinson) and finds herself at the centre of a love triangle with him and her childhood pal, werewolf stud Jacob Black (Lautner).

Stewart set a consistent standard of emotional stoniness throughout the Twilight movies, Wilson said.

"Acting should involve having an expression on your face, and she is blank, other than the morose kind of half-Goth thing her character does," Wilson said. "I didn't realize Snow White and Bella were soul sisters, because of the very limited range of what she can do. I think it was Dorothy Parker who said about Katharine Hepburn that she runs the 'gamut of emotions from A to B.' Kristen Stewart is so expressionless she might as well be a brick wall."

THE ASSOCIATED PRESS

That's My Boy

Sandler's That's My Boy, which also won the worst-screenplay Razzie, flopped at the box office and continues a gradual decline in receipts for the comic actor's movies. "He's an enormous star who is on what I call the 'down-alator' of his career," Wilson said. "He's about to step off the same cliff Eddie Murphy stepped off about 10 years ago. Eddie Murphy has never come back, and Murphy is more talented."

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disneyonice.com

Madonna

Madonna photos too hot for Instagram

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo. But she's also posted a warning she apparently received from the folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."

Steven Tyler

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted $5 million or $6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of $20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car

STARGAZING
Malene Arpe
scene@metronews.ca

will.i.am

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. – ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. – ed)

While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that remaking Arthur was a mistake. He finally got around to watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay $900,000 a year in child support and Mary J. Blige has a new $900,000 lien against her, while will.i.am pays $900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is $57,000 in unpaid taxes.

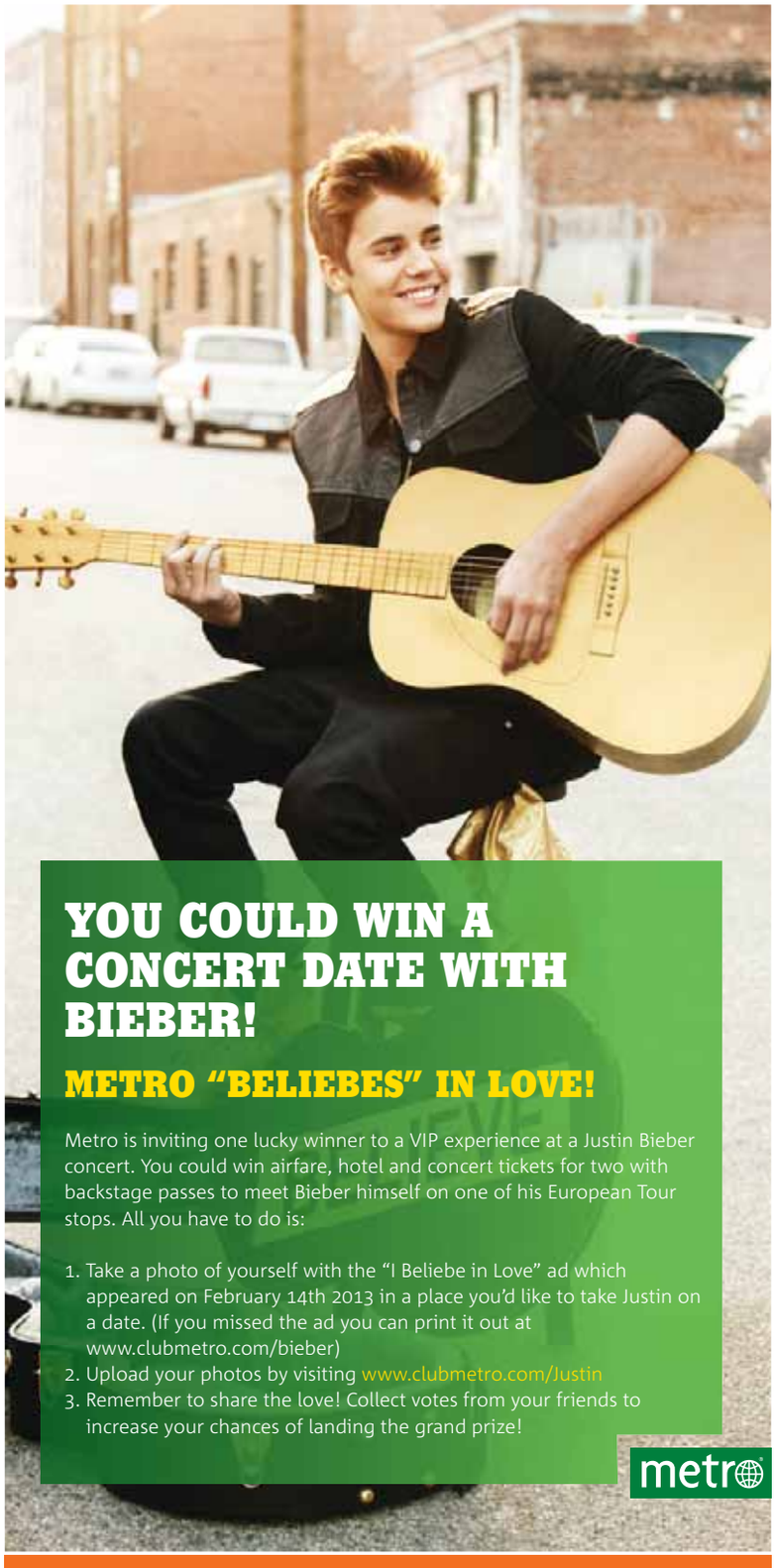
Twitter

@KChenoweth
Just Said hello to Barbra Streisand. Happy now

@BetteMidler
AN UNDERGROUND GAY LOBBY AT THE VATICAN? AND THEY HAVEN'T CALLED MY AGENT?

@rosemcgowan
I hate everyone. Not you, everyone else.

@Sethrogen
Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.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Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:
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2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!
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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

No gym required

Spot-toning with tots

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

• Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

• Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

• Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers. Substituting shows the most short-term gains for low-income boys

Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle.. TED S. WARREN/THE ASSOCIATED PRESS

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes. Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

THE ASSOCIATED PRESS

Rice Cakes with Tomato Purée

These rice cakes have 114 calories per serving (1 rice cake).
MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

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for more, visit
rosereisman.com

Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Rice Cakes
- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce
- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

Healthy eating

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Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spagetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!

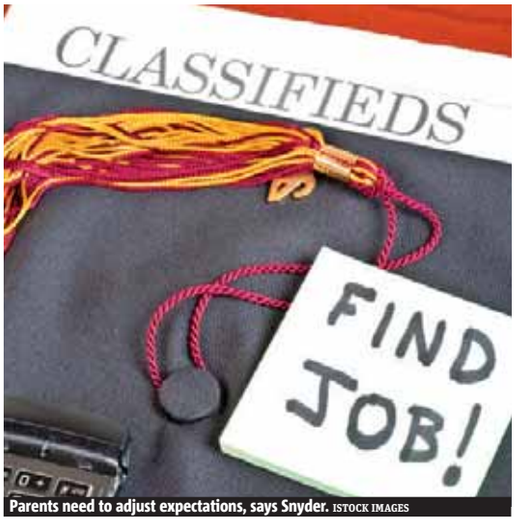
Equivalent

Same as having 2 ½ orders of bruschetta in calories.

Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat
This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction of the fat.

Students. New book examines the realities of post-grad unemployment



Parents need to adjust expectations, says Snyder. ISTOCK IMAGES

Bonnie Kerrigan Snyder graduated from Harvard in 1987 and was thrown into a sinking economy — and a job market not terribly interested in English majors. Today she's a family college consultant, and she sees her clients struggling with the same obstacles she ran into post-graduation — only much worse.

Her latest book, The Unemployed College Graduate's Survival Guide: How to Get Your Life Together, Deal with Debt, and Find a Job After College, mines some of the wisdom she picked up in the '80s and appropriates it for an even bleaker job market.

"I wanted to create a survival guide that took this job crisis seriously. This isn't advice you'd give to just any generation," says Kerrigan Snyder from her home in Lancaster, Pa.

"This generation is unique in history, and the same rules just don't apply."

"They're really caught in a double whammy. There's obviously a recession, but there's also a demographic crunch going on: There's just more older people now, and they're holding onto their jobs much longer."

Kerrigan Snyder's guide begins with a strong dose of emotional reassurance for post-grads feeling let down by their job status and judged by their parents.

"In my experience, the kids are more aware of the realities than the parents are.

"Parents are having a hard time adjusting their expectations," says Kerrigan Snyder.

"There is a way North Americans have approached college for generations: Choose a school first, discover what you're interested in while you're in school and start thinking about a job in your senior year.

"The stakes are so much higher for these kids, and we need to start thinking about the payoff from this investment a lot sooner."

BRUCE WALSH/METRO WORLD NEWS

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When it comes to grad school, search wisely

Making a plan. Continuing education can enrich your life and your career options, but it's important to know what to look for, says expert

DOUG SMITH
Metro World News in New York

As a coach and trainer for creative professionals, Dave Mowers says when starting out in graduate study, "You'll be surrounded by opportunity, new and fascinating people, lofty ideas, incredible demands and intense feedback and attention." Can you make it pay off? Mowers lays out what to know before committing the time and money.

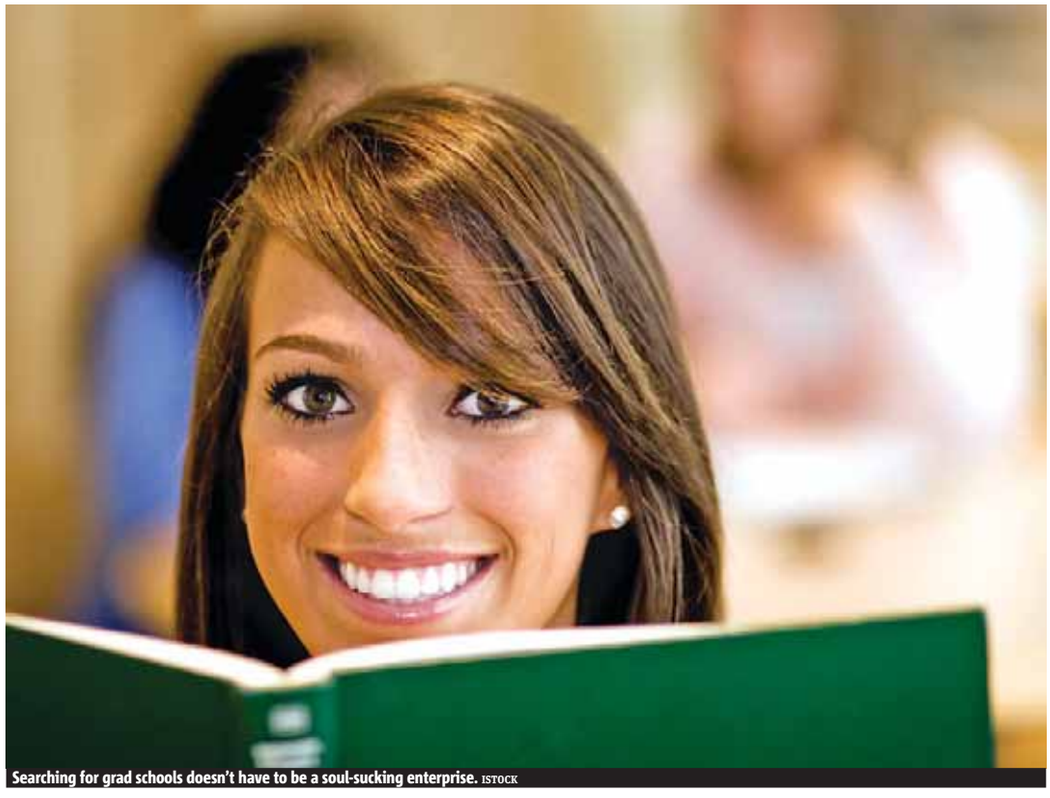
Why should we think about grad school right now?

There are signs of economic recovery. We have many industries, and advanced training and education are key to the innovation movements across the board.

Are there common mistakes people make when deciding to apply or choosing a school?

The number one mistake is the assumption that any specific program will change your life and solve financial problems. People's second mistake is taking an initial rejection as a stopper.

But the biggest mistake is taking on the cost without a realistic plan for managing finances after the program is complete.



Searching for grad schools doesn't have to be a soul-sucking enterprise. ISTOCK

Is enrolling in continuing studies classes a good alternative to immersing yourself in grad school full time?

Continuing studies programs offer an amazing route to achieving your career goals. Programs like this are staffed by professionals working in the field.

Most of them participate because they are interested in cutting-edge development, staying current with thought leadership in their industry and sharing a passion for their discipline or work.

What to remember when taking the next steps:

Research is free.

Spend time online with schools that interest you, but also visit open houses. Learning about a school is the first step to learning from the school.

Applying is not committing.

Applications aren't cheap, but they're a small investment compared to the cost of attending a school. Find out what you need to succeed and take it from there. You don't have to accept.

Keep an open mind.

Sure, there is always a program ranked No. 1, but there are also other schools that may offer you better options for placement upon graduation.

Ask for it.

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Sylvain, Security system dispatcher: "The part that gives me the most satisfaction is the possibility of saving someone's life. One moment that stands out to me is when I dispatched an ambulance following an unconfirmed alarm - this ended up saving her life."

Isabelle, Team Leader: "The part that excites me the most about my job is the work atmosphere, and the people I work with. I have been part of this family for several years, during which time my role has progressed from operator to senior operator, to team leader."

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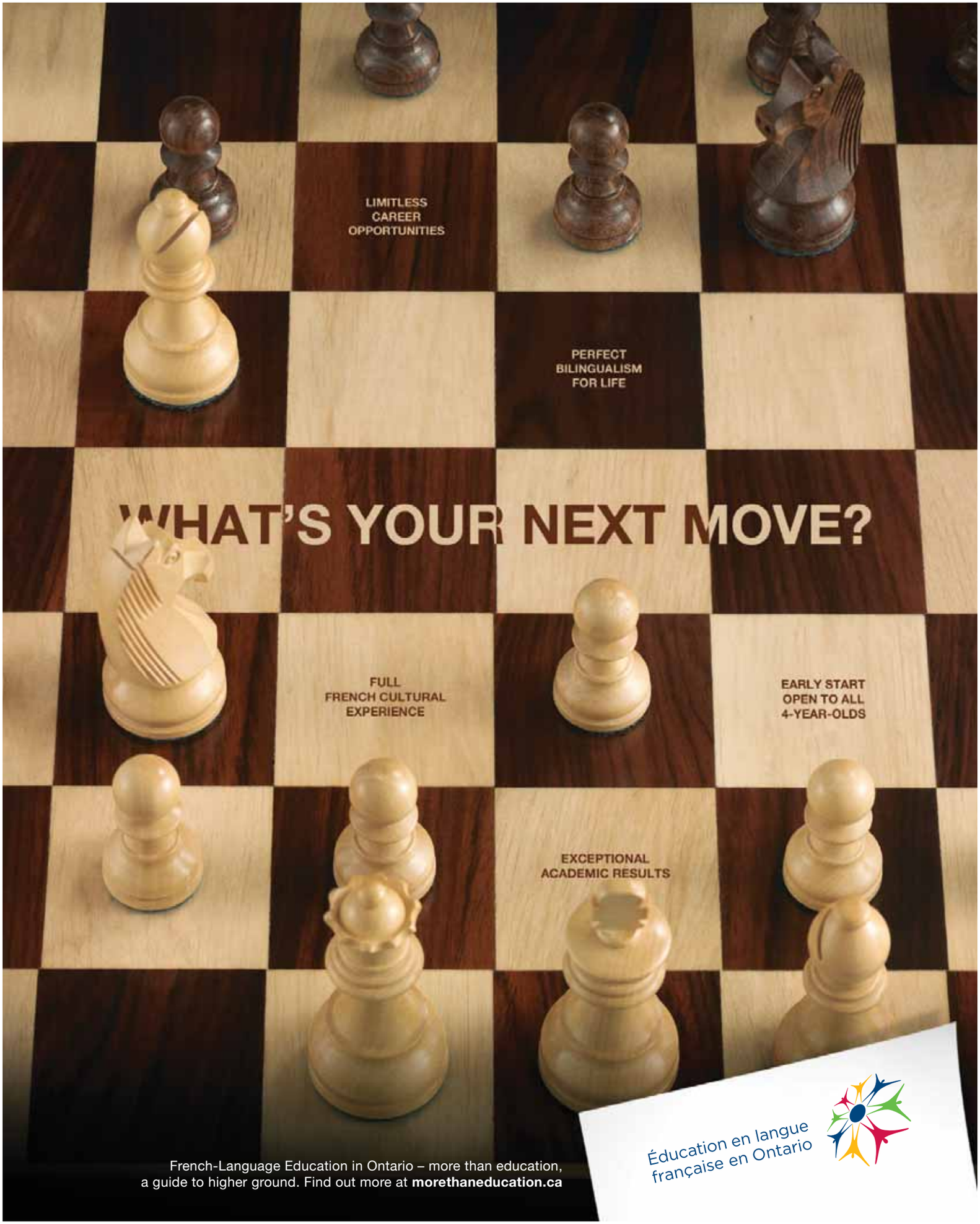
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Careers

Building on a passion

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way.

People often say, "I wanted to be an architect but I can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.

Carla Smith leapt headfirst into a career in architecture. GAILE GUEVARA

Lost your job? Make a graceful exit

Now what? A positive outlook can help

YLVA VAN BUREN
careerbear.com

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your values. What makes you happy at work? When you're in a career transition, this question could help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the resumé gets you the interview but then your attitude determines why you stand out from the other candidates. Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude."

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Dickey makes mark with Jays

MLB. Toronto's knuckleballer has stellar reputation on and off the field

After throwing live batting practice, R.A. Dickey makes a point of shaking the hand of not only his catcher but the batters he faced.

The 38-year-old Cy Young Award winner knows the knuckleball is no fun to hit, especially at the start of spring training when hitters are only beginning to find their groove. It's a little thing, but speaks volumes about a pitcher who joins the Jays with a stellar reputation on and off the field.

"He's a special guy," said Toronto manager John Gibbons.

"R.A is one of a kind. He's a great guy and a great pitcher," said infielder Mark DeRosa.

"He's a first-class citizen," said catcher J.P. Arencibia.

Opposition hitters will notice a different Dickey, however.

"You'll see. He's a different cat when he's out there pitching," said catcher John Thole.

"He's a very nice guy. But he's ultra-competitive as well," echoed catcher Mike Nickeas. "Don't let him fool you when he's in here. The guy's super-competitive and he wants to win."

Quoted

"I've always held onto the hope that I could produce a trustworthy product on the field consistently and hopefully will be able to reap the fruits of that for years to come." Toronto Blue Jays pitcher R.A. Dickey

Dickey makes his spring training debut Monday against the visiting Boston Red Sox.

Reminded by a reporter that he has been dubbed "baseball's most improbable star," Dickey begs to differ.

"Well the star part I would probably argue with. Improbable I certainly would agree with. My career arc, I don't know if there's been one quite like it. And that's certainly interesting probably for a lot of people but at the same time I've always had a big imagination. And so this has never been something completely outside my scope.

THE CANADIAN PRESS

Pre-season games

- Jose Bautista hit the scoreboard with a homer and reliever Sergio Santos looked impressive in his return from shoulder surgery as a Toronto Blue Jays split-squad lost 5-4 to the Baltimore Orioles in spring baseball play Sunday.
- Another Toronto squad played to a 2-0 win over the New York Yankees in nearby Tampa. Yankees outfielder Curtis Granderson broke his right forearm when he was hit in the first inning by Toronto starter J.A. Happ.

Homan takes home the gold at Scotties

Ontario skip Rachel Homan walks to the other end during the gold-medal game against Manitoba at the Scotties Tournament of Hearts Sunday in Kingston. Homan won the championship game 9-6. For more from last night's game, visit metronews.ca/sports RYAN REMIORZ/THE CANADIAN PRESS

NHL. Power play powers Wings past Canucks

Damien Brunner had two goals and two assists, and Joakim Andersson scored twice in the Detroit Red Wings' 8-3 win over the Vancouver Canucks on Sunday.

Henrik Zetterberg and Niklas Kronwall had a goal and two assists each, Daniel Cleary added a goal and an assist, and Jordin Tootoo also scored for Detroit, which netted three power-play goals in the second period to take the lead.

The Red Wings, who entered ranked 26th in the NHL on the power play, held the Canucks to only three shots in the second period.

THE ASSOCIATED PRESS

Detroit Red Wing Henrik Zetterberg celebrates his goal Sunday in Detroit. THE ASSOCIATED PRESS

World Baseball Classic

Martin pulls out on Team Canada

Russell Martin has withdrawn from the World Baseball Classic, leaving Canada without its starting catcher.

Martin, who signed as a free agent with the Pittsburgh Pirates in the offseason, removed himself from the team because he wasn't going to be allowed to play shortstop.

According to Martin, both the Pirates and the Canadian team were uncomfortable with the Chelsea, Que., native switching positions for the upcoming tournament.

THE CANADIAN PRESS

NBA. Lakers and Mavs show their pedigree

Kobe Bryant was just a little better than Dirk Nowitzki in a spirited game befitting Western Conference leaders — not teams battling for ninth place.

Bryant had 38 points to win a scoring duel with Nowitzki, and Steve Nash helped beat his former team by getting 20 points for the first time with the Los Angeles Lakers in a 103-99 victory against the Dallas Mavericks on Sunday.

Nowitzki finished with a season-high 30 in a game that had a playoff feel from the start, even though both teams still have plenty of ground to make up to even qualify for the post-season. They trail eighth-place Houston by several games, but they are the franchises that have the last three NBA titles won by teams from the West.

THE ASSOCIATED PRESS

Scoring duel

Bryant and Nowitzki had 16 points apiece in the first half and were still even at 24 after the third quarter before Bryant scored 14 in the fourth, including seven in the last three minutes.

4 SPORTS

Johnson returns to winning ways at Daytona 500

Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the NASCAR Sprint Cup Series Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEN/GETTY IMAGES

NASCAR. Five-time Sprint Cup champ wins in 400th career start to outdo pole-sitter Patrick on historic day for racing

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after Johnson completed only one lap in the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS

Crash concerns

Fans feeling unsafe after the terrifying crash at Daytona International Speedway a day earlier were able to change seats for NASCAR's biggest race on Sunday.

- Workers repaired a section of fence — 54 feet wide and 22 feet high — that was shredded Saturday when Kyle Larson's car went airborne on the final lap of a second-tier race and crashed through the barrier that separates cars from fans. Large pieces of debris sprayed into the upper and lower section of the stands.
- Saturday's crash injured more than 30 people, raising more questions about fan safety at race tracks.

UFC

Rousey successful in historic title fight

Ronda Rousey, the first women's champion in UFC history, said she would not feel like a true title holder until she defended her belt. On Saturday, she did exactly that in emphatic fashion.

After surviving an early scare from spirited challenger Liz Carmouche, Rousey (7-0) latched in her signature technique — the armbar — to score a first-round submission win in the first defence of the title she was granted in November.

"I was actually less nervous walking out than I was for some of my earlier fights," Rousey said. "I felt like the UFC champion, and I know how hard I am working. This was a wild ride, and I can't wait to get back in the octagon."

THE CANADIAN PRESS

Ronda Rousey hits Liz Carmouche during their bantamweight fight on Saturday in Anaheim, Calif. GETTY IMAGES

Golf. Kuchar captures Match Play title in Arizona

Matt Kuchar finally put Hunter Mahan in a hole and then answered every challenge Sunday to win the Match Play Championship in Marana, Ariz.

Mahan had gone 169 holes over 11 matches without trailing in this wild tournament until Kuchar won the fourth hole of their championship match with a par, and Mahan never caught up. Kuchar took advantage of a series of miscues to build a 4-up lead at the turn, and then held off a noble challenge by the defending champion.

There was never a dull moment on the back nine. Only two holes were halved, and those were with birdies.

But for all the great shots, the match ended when Mahan went from a tough lie in the bunker to a bush in the desert, and it took him four shots to reach the 17th green. Kuchar wound up winning, 2 and 1, when Mahan removed the stocking cap he used to fight the cold desert air and conceded Kuchar a short birdie putt.

It was the first World Golf Championship title for Kuchar, and it follows a year in which he won The Players Championship. Kuchar became the second player in the last three years to win the Match Play Championship without ever playing the 18th hole.

"It seems like each hole there's so much momentum riding and so much pressure on every hole," Kuchar said. "To come out on top after six matches of playing the top 64 guys in the world, it's an incredible feeling." THE ASSOCIATED PRESS

Matt Kuchar GETTY IMAGES

Quoted

"Just had a bad stretch against Matt on the front nine there that put me just a little bit too far behind."

Hunter Mahan, who was trying to join Tiger Woods as the event's only back-to-back winners.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Indiana	35	21	.625	6
New York	32	20	.615	7
Brooklyn	33	23	.589	8
Chicago	32	23	.582	8½
Atlanta	31	23	.574	9
Boston	29	26	.527	11½
Milwaukee	26	28	.481	14
Philadelphia	22	31	.415	17½
Toronto	**23**	**33**	**.411**	**18**
Detroit	22	36	.379	20
Cleveland	18	38	.321	23
Washington	17	37	.315	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	44	13	.772	—
Oklahoma City	40	15	.727	3
L.A. Clippers	40	18	.690	4½
Memphis	36	18	.667	6½
Denver	35	22	.614	9
Golden State	33	23	.589	10½
Utah	31	25	.554	12½
Houston	31	27	.534	13½
L.A. Lakers	28	29	.491	16
Dallas	25	30	.455	18
Portland	25	30	.455	18
Minnesota	20	33	.377	22
New Orleans	20	37	.351	24
Sacramento	19	38	.333	25
Phoenix	18	38	.321	25½

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis at Brooklyn
Philadelphia at New York
San Antonio at Phoenix
Boston at Portland
Chicago at Oklahoma City

Saturday's results
Washington 105 Houston 103
Denver 113 Charlotte 99
Cleveland 118 Orlando 94
Miami 114 Philadelphia 90
Indiana 90 Detroit 72
Atlanta 103 Milwaukee 102
L.A. Clippers 107 Utah 94

Monday's games — All Times Eastern
Washington at **Toronto**, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Boston at Utah, 9 p.m.
L.A. Lakers at Denver, 9 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	12	6	0	60	45	24
New Jersey	19	10	5	4	48	49	24
Philadelphia	20	9	10	1	58	62	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	18	8	9	1	54	60	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	18	12	4	2	52	39	26
Boston	15	11	2	2	45	34	24
Ottawa	19	11	6	2	46	36	24
Toronto	19	11	8	0	53	44	22
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	9	7	1	66	53	19
Carolina	16	8	7	1	46	49	17
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	17	14	0	3	57	35	31
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Nashville	19	8	6	5	39	43	21
Columbus	18	5	11	2	40	55	12

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	18
Edmonton	17	7	7	3	40	46	17
Colorado	16	7	8	1	39	47	15
Calgary	16	6	7	3	43	55	15

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	15	12	2	1	53	39	25
Phoenix	17	8	6	3	46	44	19
San Jose	17	8	6	3	41	39	19
Dallas	18	9	8	1	47	48	19
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Boston 4 Florida 1
Winnipeg 4 New Jersey 2
Detroit 8 Vancouver 3
Carolina at NY Islanders
Columbus at Chicago
Tampa Bay at Pittsburgh
Phoenix at Calgary
Colorado at Anaheim

Saturday's results
Washington 5 New Jersey 1
Philadelphia 5 Winnipeg 3
Edmonton 3 Phoenix 2 (SO)
Los Angeles 4 Colorado 1
Montreal 3 NY Rangers 0
NY Islanders 4 Buffalo 0
Ottawa 3 Toronto 2
Tampa Bay 5 Carolina 2
Detroit 4 Nashville 0
St. Louis 2 Columbus 1
Dallas 3 San Jose 1
Calgary 3 Minnesota 1

Friday's results
Pittsburgh 3 Florida 1
Vancouver 1 Nashville 0
Chicago 2 San Jose 1

Monday's games — All Times Eastern
Toronto at Philadelphia, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Dallas at Nashville, 8 p.m.
Edmonton at Chicago, 8:30 p.m.
Anaheim at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Stamkos, TBL	12	14	26
Vanek, Buf	12	13	25
Crosby, Phg	7	18	25
Tavares, NYI	12	11	23
Kane, Chi	9	14	23
St. Louis, TBL	4	19	23
Voracek, Phi	7	15	22
Zetterberg, Det	5	17	22
Moulson, NYI	9	12	21
Ribeiro, Wash	6	15	21
Elias, NJ	5	16	21
Malkin, Phg	4	17	21
Datsyuk, Det	8	12	20
Kunitz, Phg	7	13	20
Marleau, SJ	12	6	18
Staal, Car	8	10	18
Giroux, Phi	6	12	18
Thornton, SJ	4	14	18
Neal, Phg	12	5	17
Kovalchuk, NJ	7	10	17
Duchene, Col	6	11	17
Schenn, Phi	6	11	17
Lecavalier, TBL	6	11	17
Gagner, Edm	5	12	17
Sedin, Van	5	12	17
Purcell, TBL	4	13	17
Clarkson, NJ	10	6	16
Ladd, Win	9	7	16
Conacher, TBL	6	10	16
Steen, StL	4	12	16

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

Taurus
April 21 - May 21
What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

Gemini
May 22 - June 21
Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

Cancer
June 22 - July 23
Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

Leo
July 24 - Aug. 23
Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

Virgo
Aug. 24 - Sept. 23
It would appear that something has been bubbling away in your subconscious for some time but is now ready to break though and be taken seriously. It will lead to some radical changes in the way you think.

Libra
Sept. 24 - Oct. 23
A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

Scorpio
Oct. 24 - Nov. 22
You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

Sagittarius
Nov. 23 - Dec. 21
If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

Capricorn
Dec. 22 - Jan. 20
There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

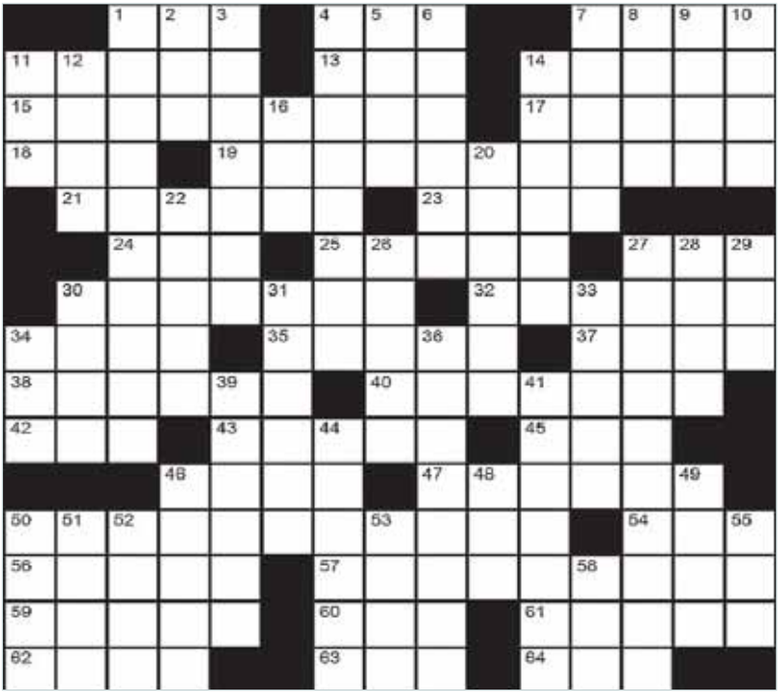
Aquarius
Jan. 21 - Feb. 19
If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

Pisces
Feb. 20 - March 20
The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



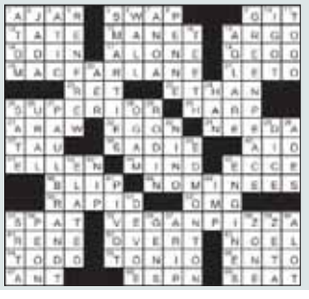
Across

1. __ Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes __ __ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an __ __ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. __-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath _ __ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wds.
54. Flatline
56. Furious
57. Winnipeg band, __ __ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This __ __ outrage!"
63. Web feed syst. for updates
64. Climber's li'l conquests

Down

1. Hub of activity for guests, bellhops, checking in, etc.: 2 wds.
2. Shakespearean suffix
3. Lions as sound-makers
4. Boat race meets
5. Good vs. __
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How __ __ It"
14. "I __ for Miles" by The Who: 2 wds.
16. Hi-__ graphics
20. Ben Kingsley title film role
22. "__ __ _ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's
41. Bestselling author John
44. Many call it football
46. British car, __ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of __'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		8		1				
			6				2	
	5			9		7		
7		1	4		3	6		
	8						5	
		3	8		1	4		9
		5		2			3	
	7				4			
				3		2		1

Friday's Sudoku

7	8	3	4	9	1	6	2	5
4	5	2	6	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

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